

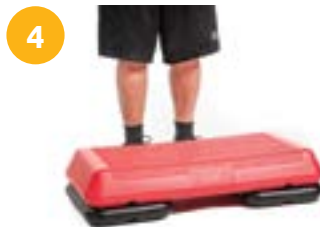
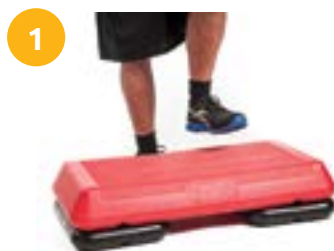
# Week 4, Workout 1

LEVEL

2

**WARM UP** -- (10 minutes) Complete warm up prior to beginning exercises.

**ENDURANCE** -- (15 minutes) Do each exercise for 30 seconds. Rest for 1 minute in between each rep. Complete three times. Take a 2 minute rest break between each exercise.



## STEP UPS

You need a stair step or stool for this exercise.

1. Step onto the step or stool with one foot then the other foot.
2. Now step off of the step or stool with one foot then the other foot.
3. Pump your arms or hold onto the wall or stair railing for support.
4. Keep stepping in the up-up-down-down pattern as fast as possible.



### HEALTHY BEVERAGE CHOICES

There are many beverage options available, but some of them are healthier choices than others.

### SODAS, ENERGY DRINKS, AND SPORTS DRINKS ARE NOT GOOD BEVERAGE CHOICES

They have extra sugar & can make you gain weight. They also have caffeine, which does not help you stay hydrated.



# Week 4, Workout 1

LEVEL

2

**STRENGTH** -- (20 minutes) Do 10 of each exercise and then move on. Rest for 1 minute in between each exercise. Complete three times.



## PLANK FROM KNEES

1. Start on your hands and knees.
2. Walk your hands forward. Lower your hips until your body is a straight line from your shoulders to your knees. Put your feet in the air.
3. Hold this position for 20 seconds. Focus on keeping your abdominal muscles tight and your back straight.

*Note:* This exercise is a hold so it is not done in repetitions. To make this exercise more difficult, hold the exercise 10 extra seconds. Continue to increase the length of the hold until you can hold for 1 minute.



### MODERATE AMOUNTS OF LOW-FAT MILK AND 100% JUICE ARE ALSO GOOD CHOICES IN SMALL AMOUNTS

Low-fat milk and 100% fruit juice are good choices with meals. Keep serving sizes small. No more than 3 cups of milk and 1 cup of juice per day.



# Week 4, Workout 1

LEVEL  
2

**FLEXIBILITY** -- (5 minutes) Do the following stretches for 30 seconds. Make sure to do both sides of the stretch only focusing on one side of the body.

**COOL DOWN** -- (10 minutes) Following the flexibility exercise, perform cool down found.

## CHEST STRETCH

1. Stand tall near a wall.
2. Raise your left arm so that your elbow is shoulder height.
3. Bend your elbows and place your forearm on the wall.
4. Turn your body to the right. You should feel a stretch in your chest muscles.
5. Repeat the stretch with your right forearm on the wall and twisting to your left side.



### WATER IS THE BEST CHOICE FOR A BEVERAGE!

Drink water every day! If you like flavored drinks, try sparkling water or add a few pieces of fruit into your water bottle.

